

Body Shaming with Acceptance of Body Shape in Female Students

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Abstract. Body shaming is an embarrassing experience that is focused on from within, including feelings of shame and low self-confidence carried out by people around by ridiculing or physically insulting, even the body shape of other individuals who look imperfect. This gives rise to the emergence of acceptance of body shape in which individuals can feel satisfaction or dissatisfaction with the body's shape that is owned. This study aims to determine the relationship between body shaming and acceptance of body shape in female students. This type of research is quantitative with a correlational approach. The research participants were 198 female students at SMA Negeri 1 Kota Kupang aged 16-18. The sampling technique used purposive sampling. Data collection used a scale of body shaming which consisted of 24 items (Cronbach' = 0.873), and acceptance of body shape consisted of 28 items (Cronbach' = 0.888). Data analysis using Pearson correlation. The analysis results show a significant relationship between body shaming and acceptance of body shape in female students.

Keywords: *body shaming, acceptance of body shape, female students*

Abstrak. Body shaming merupakan pengalaman memalukan yang difokuskan dari dalam, termasuk perasaan malu dan rendah diri yang dilakukan oleh orang sekitar dengan cara mencemooh atau menghina secara fisik, bahkan terhadap bentuk tubuh individu lain yang terlihat tidak sempurna. Hal ini menimbulkan munculnya penerimaan terhadap bentuk tubuh dimana individu dapat merasakan kepuasan atau ketidakpuasan terhadap bentuk tubuh yang dimiliki. Penelitian ini bertujuan untuk mengetahui hubungan body shaming dengan penerimaan bentuk tubuh pada mahasiswi. Jenis penelitian ini adalah kuantitatif dengan pendekatan korelasional. Partisipan penelitian adalah 198 siswi SMA Negeri 1 Kota Kupang yang berusia 16-18 tahun. Teknik pengambilan sampel menggunakan purposive sampling. Pengumpulan data menggunakan skala body shaming yang terdiri dari 24 item (Cronbach' = 0,873) dan penerimaan bentuk tubuh terdiri dari 28 item (Cronbach' = 0,888). Analisis data menggunakan korelasi pearson. Hasil analisis menunjukkan adanya hubungan yang signifikan antara body shaming dengan penerimaan bentuk tubuh pada mahasiswi.

Kata kunci: *body shaming, penerimaan bentuk tubuh, mahasiswi*

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Introduction

Rachman (2018) states that body shaming is more of an insulting act by commenting on the physical or body shape or size of the body with an individual's appearance, which is done consciously and can hurt feelings to the point of having an impact on mental pressure, which results in the victim becoming less confident, feeling inferior, ashamed, feeling isolated from the environment, unattractive and disappointed in oneself, this will affect the psychological condition of the victim. Body shaming often occurs around. Both from friends, friends, parents, family, and even the closest people related to one of the body parts when the judgment of others is not in accordance with the ideal standards expected by the individual.

According to Lamont's research (2019), body shaming can cause a person to be unable to accept their body shape resulting in psychotic symptoms that cause decreased body health, experience depression, and the idea of committing suicide. Geofani's research (2019) stated that body shaming is often not realized because it hides in ridicule or mere jokes. Body shaming carried out on an ongoing basis will bring a new personality to the individual and negate the original personality and can form acceptance of body shape because their life meets the demands of the prevailing societal standards so that they cannot be themselves.

Chaplin & Kartono (2019) said that acceptance of body shape is an attitude of feeling satisfied or dissatisfied in interpreting body parts as functions or objects of beauty and conditions, qualities, and talents in oneself. Acceptance of body shape is divided into two, namely, positive acceptance and negative acceptance. According to Fathur Khoir (2021), research states that individuals can accept criticism from others because they do not feel easily offended, choose to overcome problems religiously, and find solutions by not exaggerating the body shaming they experience.

Judging from the surrounding environment, especially the school environment, both through social media and face-to-face interaction, self-formation often occurs so that it cannot be avoided that the physique, body shape, and even appearance cannot get out of the topic of discussion among students, especially female students. Based on the results of data analysis, there is a relationship between body shaming and acceptance of body shape in female students at SMA Negeri 1 Kota Kupang. The research data also shows that the level of body shaming with acceptance of body shape in female students at SMA Negeri 1 Kupang City is at 16 years, with an average level of moderate or sufficient categories in experiencing body shaming with acceptance of body shape in the school environment. The statement above is significantly inversely proportional to the study's results, therefore, the authors conducted research titled "The Relationship Between Body Shaming and Acceptance of Body Shape in Female Students at SMA Negeri 1 Kota Kupang".

Method

Participants consisted of 198 female students at SMA Negeri 1 Kota Kupang aged 16-18. Subjects were taken using purposive sampling. The data collection instrument uses two scales. First, the body shaming scale (Gilberd & Miles (in Cahyani, RR., 2018) has five aspects: an external social cognitive component, a component regarding internal self-evaluation, an emotional component, a behavioral component, and a psychological component. This scale also consists of 24 items with a Cronbach's Alpha value of 0.873 in the form of a Likert scale with four alternative answer choices ranging from very strongly disagree (1) and strongly agree (4). Second, the scale of acceptance of body shape (Unzila, 2012) is adapted from the scale (Powel, 1992) and consists of 28 items with Cronbach's Alpha value of 0.888. There are four aspects: physical acceptance, acceptance of body shape limitations, acceptance of feelings or emotions, and acceptance of personality. This scale uses a Likert scale model with four alternative answer choices. Data collection was carried

out on a scale distributed through questionnaires—data analysis using person correlation.

Results

a. Overview of Research Locations

SMA Negeri 1 Kota Kupang is one of the favorite high school schools which was founded on 11 November, 1950, with the accreditation rating obtained, namely B. SMA Negeri 1 Kupang City is located at Jalan Cak doko number. 59 Oetete Village, Oebobo District, Kupang City, East Nusa Tenggara Province. The administration of education at SMA Negeri 1 Kota Kupang is felt as a necessity for students to gain knowledge, develop skills, build good potential and personality, and have a sense of responsibility, tolerance, mutual respect, and respect between students and even all levels of teachers or educators who exist in the school environment.

b. Information Distribution Data of Research Participants

The participants in this study were 198 female students at SMA Negeri 1 Kupang City for the 2022/2023 academic year who were obtained using the calculations of the Isaac and Michael formulas with a standard error of 10%.

Table 1.

Frequency distribution of study participants by age

Age	N	Presentation
16	121	61.1%
17	66	33.3%
18	11	5.6%
Total	198	100%

Table 2.

Frequency distribution of study participants by class

Class	N	Presentation
X (10)	15	7.57%
XI (11)	81	40.91%
XII (12)	102	51.52%
Total	198	100%

c. Statistical Testing

Table 3.
Hypothesis testing

			<i>Body shaming</i> Rating	Recipient alert
Person	<i>Body shaming</i>	Person		
Correlation	rating	Correlations	1	-.603"
		Sig. (2-tailed)		.000
		N	198	198
	Body shape	Person		
	acceptance	Correlations	-.603"	1
	rating	Sig. (2-tailed)	.000	
		N	198	198

Based on table 3 Shows that the significance value of $p = 0.000$ at 2-tailed significance. Based on the hypothesis of this study, the p-value should be at 1-tailed significance so that $0.000: 2 = 0$, the significance value of $p < 0.01$ means that there is a significant relationship between the body shaming variable and acceptance of body shape. The relationship is positive, which means that the higher the level of body shaming experienced, the higher the acceptance of negative body shape. The correlation coefficient (r_{xy}) is 0.603" which means a weak relationship.

Discussion

This study aims to determine the relationship between body shaming and acceptance of body shape in female students. The discussion results show a positive and significant relationship between body shaming and acceptance of body shape in students at SMA Negeri 1 Kota Kupang. The research data were analyzed using the Pearson Product Moment correlation technique. Data analysis showed a correlation coefficient of -0.603 and a significant value of $p = 0 < 0.01$. This means that the hypothesis

in this study is accepted, which means that there is a negative but weak relationship. Based on the results of this study, the higher the body shaming, the lower the acceptance of body shape, or the lower the body shaming, the higher the acceptance of body shape.

This is in line with research by Hui (2021), which states that there is a relationship between body shaming and acceptance of body shape where the higher the body shaming, the lower the acceptance of body shape and vice versa. This is because people who cannot accept their body shape have a greater risk of body shaming than people who can accept their body shape. Individuals who cannot accept the limitations of their body shape will be more easily affected by negative comments from the surrounding environment and even physical insults related to their body shape. Thus, they will feel insecure, worthless, unattractive, and disappointed with their body shape. However, when an individual can accept the shape of the body, they will be very grateful, feel proud, respect their body shape and even their physical appearance, will still love their body shape, and will not be affected by comments from the surrounding environment which will drop him mentally (Utami, 2014).

One factor that influences body shaming with acceptance of body shape in individuals, especially female students, is age. Age is vital because when individuals reach a certain age, they can change their mindset and behavior to get what they want. The research data shows that the level of body shaming based on age in female students at SMA Negeri 1 Kota Kupang is at the age of 16 years as many as 121 participants (61.6%) with an average level of the medium category of 168 participants (84.85%), meaning female student participants at SMA Negeri 1 Kota Kupang were in the moderate or even relatively insignificant category in experiencing acts of body shaming in the school environment. This is in line with research conducted by Muliaty et al. (2012), which stated that as many as 45 participants (17.28%) had moderate body shaming on average.

The research above is significantly inversely proportional to the phenomena researchers get when conducting research in the school environment. Where based on

the phenomenon of the average individual who experiences body shaming is in the high category or often experiences body shaming. This is supported by research conducted by Dieny (2015), which states that the phenomenon is in the high category, this is because there are several influencing factors, including family factors, the surrounding environment, friends, and social media, which tend to have a significant influence related to ideal body shape.

The level of acceptance of body shape based on age in female students at SMA Negeri 1 Kota Kupang is at the age of 16, with 121 participants (61.1%) with an average level of the moderate category of 140 participants (70.71%), which means that participants in students Girls at SMA Negeri 1 Kota Kupang have a moderate or sufficient level of acceptance of their body shape. The results of this study are in line with research conducted by Solistiawati and Novendawati (2015), where the results of their research showed that the level of acceptance of body shape in adolescent girls was in the moderate or good enough category for 17 participants (15.14%). This is reinforced by research conducted by Sahri (2016), which shows that accepting a reasonably good body shape can avoid treatment and even acts of physical humiliation or body shaming.

However, research conducted by Husna (2013) is inversely proportional or does not support the research above, which states that acceptance of body shape is not only experienced by adolescents but also experienced by adults and even men with a low category level, this is due to because there are individuals who tend to be unable to accept their body shape, they will try to do various ways so that their bodies can be viewed favorably by the environment. However, when their body shape and appearance do not meet the criteria, they will feel sad, depressed, and hopeless.

Conclusion

Based on the research results, the conclusion is that there is a negative and significant correlation between body shaming and acceptance of body shape in students. The level of body shaming in female students is in the moderate category, and the level of acceptance of body shape is in the moderate category due to family, peers, and social media.

Suggestion

- a. Able to expand information related to body shaming with acceptance of body shape by increasing sources.
- b. Maintain positive acceptance of body shape to avoid psychological illness.
- c. It can encourage female students to participate in positive activities to develop themselves.

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